



AMENDMENTS TO THE CLAIMS

Please amend the Claims as follows:

Claims 1-7 (cancelled).

Claim 8 (new): An adjustable exercise bicycle, comprising:

(a) a frame, including a cross-bar, said frame supporting and attached to a seat, handlebars and a working wheel, also comprising pedals rotatably attached to said frame and operatively connected to said working wheel;

(b) an adjustable friction piece mechanically in contact with said working wheel;

(c) a tensioning and quick-brake and disengagement means comprising:

- (1) a friction adjusting shaft having a threaded portion with a top end slidably connected to said frame and a lower end attached to said friction piece;**
- (2) a friction tightening nut adapted to receive the threaded portion of said adjusting shaft wherein said nut may slide up and down with said shaft but will not rotate;**
- (3) a perimeter means to prevent the rotation of said nut;**
- (4) a flange located above said nut;**
- (5) a friction adjusting spring located around said shaft and between said nut and flange, wherein said nut and spring allow said spring to be tightened.**